



Leonía Senior Center &



Sponsored **FREE Nutrition Lessons & Recipes**

JSY **JUST SAY YES TO FRUITS AND VEGETABLES (JSY)** is a free nutrition education program. The program offers practical nutrition information in a way that is fun and easy to understand. The workshop will include a recipe, nutrition talk, and fun activities.

Every 1st Tuesday of the Month, at 12:00PM

April 5th, May 3rd, June 7th

Register online: register.communitypass.net/LeoníaRecreation

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Come for a nutrition lesson and try a simple, delicious, and healthy recipe with us!

Leonía Senior Center, 305 Beechwood Place, Leonía NJ 07605

New Jersey Department of Human Services | New Jersey Department of Health
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